

Shintaido of America Examination Book

- For Examiners and Exam Assistants

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Reviewed 2023

Introduction

Examinations provide an opportunity for shintaido practitioners to have their practice assessed by various instructors. This manual describes the roles of people involved in the examination process and what happens before, during and after the examination.

Shintaido examinations are held with the rigor and formality that is characteristic of most traditional martial arts: throughout the ceremony, strong concentration and particular attention to etiquette is requested not only from the examinees, but also from all who are present. More than anything, however, shintaido examinees are expected to burst into their fullest expression and to give themselves completely to their demonstration. While technical mastery of the forms is essential for promotion, the strong commitment to active expression is a far more important quality that must be demonstrated at any rank.

Examination Format:

Examinations often take place during a gasshuku or other special event. Examination may also be scheduled as a stand-alone event. An examinee has applied for a specific rank and appears before an examination jury to perform the required techniques, which are called out by the goreisha. The latter directs the procedure of the examination and serves as a facilitator between the examinee and the jury, which may require the presence of at least one general instructor, in addition to one or several senior instructors. The jury may ask to see the examinee demonstrate techniques that lie beyond the scope of the requested rank. Exams in several disciplines may be taken consecutively.

Requirements to Challenge a Rank:

DISCIPLINE	RANK CHALLENGED	INTERVAL BETWEEN EXAMS	NECESSARY EXAMINERS
OPEN HAND	Instructor	1 year	Two General Instructors
	Graduate	1 year	One General Instructor OR Two Senior Instructors
	Assistant		Two Instructors
	Advanced Student		Two Instructors
KARATE	2nd-dan	1 year	Two 4th-dan holders
	1st-dan	1 year	One 4th-dan OR Two 3rd-dan holders
	1-kyu & below		Two 2nd-dan holders
BOJUTSU	2nd-dan	1 year	Two 4th-dan holders
	1st-dan	1 year	One 4th-dan OR Two 3rd-dan holders
	1-kyu & below		Two 2nd-dan holders
KENJUTSU	2nd-dan	1 year	Two 4th-dan holders
	1st-dan	1 year	One 4th-dan OR Two 3rd-dan holders



Examinee

Of course, the person taking an exam (Examinee) is the “featured performer” and has a specific goal to achieve a specific rank. The Examinee will be asked to perform the Subjects to be Examined described in the Shintaido Examination Criteria (A current list of current criteria can be found on the SoA website under [Curriculum](#) .)

The Examinee may also be asked to show techniques not described in the Examination Criteria but appropriate to the level of exam.

The Examinee can expect to receive clear instructions from the Exam Goreisha but will not be given specific step-by-step direction.

The Examinee’s performance is not simply an individualistic expression. An examination gives a shintaido student the opportunity to show how he/she can act as a conduit for universal truth to shine through.

Before the Exam

Preparation immediately before an exam is obviously helpful but “cramming” may ultimately backfire. It is important to prepare long before the day of the exam by practicing in a sincere and consistent manner.

In order to prepare in advance, the Examinee:

1. Determines when and where exams will be held in any given year. The Regional and/or National Technical Director should be able to provide this information.
2. Fills out all required registration forms available on-line. The on-line Exam Registration Form can be accessed on the SoA website on the [Examinations](#) page.
- ADDITIONAL forms are required for Shintaido Open-Hand Assistant and Graduate levels. These additional forms are available in the following Appendix or Downloadable PDFs of these forms can be found on the SoA website [Examinations](#) page.
3. Discusses his/her intention to take a particular exam with an instructor. The instructor can then supervise the Examinee’s regular keiko and make sure that the Examinee gets the necessary practice opportunities.
4. Takes time to practice the required techniques with an instructor in the form of private lessons.
5. Registers early with the Exam Coordinator/Gasshuku Registrar. This is the first official step towards starting the exam kata.
6. Practices with others who will be taking exams, if the exams are held during a gasshuku or workshop.

7. Prepares a keiko gi that is neat and clean. (a little soap and ironing works fine). This type of proper presentation is taken into account by the Examiners.
8. Brings extra clothing, water, sunblock etc. that may be needed while sitting for long periods of time.

During the Exam

Examinees are not judged on past performance. So, it is important to “show your best” in the moment, at the time of the exam.

On the day of the exams, the Examinee arrives at least 30 minutes before the starting time in order to warm up. During the warm up period, take time to survey the layout of the exam dojo making sure where the Examiner’s table is located and where the exams will take place.

The Examinee pays close attention to the instructions given by the Goreisha at all times. The Goreisha will guide you through the process. There are some procedures that the Examinee will be expected to know:

1. When your name is called, answer “hai” or in English “present” .
2. Stand up and bow before entering the exam “space”.
3. Walk towards the Goreisha and bow to greet him/her.
4. Position yourself in front of (not too close) the Examiner’s table and bow to them.

Kihon, Kata and Kumite

Kihon

The Examinee will first perform the required kihon. In the case of upper-level exams, the Examinee may initially perform kata only or both kihon and kata.

Kihon is usually performed in a group. The Examinees should be aware of the position and rhythm of the other members of the group but should not look to each other for “correct techniques”. Examinees follow the gorei but do not assume the Goreisha will express the strong or directive type of energy provided in keiko.

It is very important for the Examinee to show his/her own powerful energy expression and kokyu during kihon. Don’t hold back.

Kata

Before performing a kata, the Examinee announces the name of the kata. The Examinee positions him/herself so the Examiners can see all dimensions of the kata.

Kumite

The Goreisha determines kumite partners. In kumite where there is an attacker and defender, the attacker announces which attack will be used.

In general, the junior member (kohai) attacks the senior member (sempai) first. Sometimes the Goreisha may determine who attacks first.



Other Resources

The SoA [Examinations](#) web page has an overview and:

- the necessary examiners for each level.
- the fee structure for the exam process including exam fees and diploma fees
- on-line Exam Registration Form and PDFs of any ADDITIONAL forms that may be required

SoA Website Addresses:

[SoA Home](http://www.shintaido.org/) page: <http://www.shintaido.org/>

[SoA Curriculum](http://www.shintaido.org/curriculum/) web page: <http://www.shintaido.org/curriculum/>

[SoA Examinations](http://www.shintaido.org/curriculum/examinations/) information page: <http://www.shintaido.org/curriculum/examinations/>



APPENDIX: Additional Forms

- Application Form: Assistant Shintaido rank
- Application Form: Graduate Shintaido rank

Shintaido of America Assistant Application

Instructor Sponsorship (to be completed by Instructor)

Instructor Name: _____

Title: _____

Region: _____

I hereby recommend _____ to be a Shintaido of America Assistant.

I have evaluated the applicant's progress and feel that he/she is qualified to assume the role of Assistant. I also agree to act as the applicant's advisor during the term of his/her apprenticeship.

Signature: _____ Date: _____

Applicant (to be completed by applicant)

Name: _____

Address: (Street / City / St / Zip): _____

Date of Birth: _____

Years of Study: _____

Region: _____

I wish to be appointed as an Assistant of Shintaido of America. I understand that as an Assistant, I will be serving in the role of apprentice to my sponsoring Instructor for at least one year. I promise to eagerly and sincerely maintain the spirit of Shintaido.

Signature: _____ Date: _____

Please explain briefly why you wish to become a Shintaido Assistant: (use other side)

(Over)

Please explain briefly why you wish to become a Shintaido Assistant.

Shintaido of America Graduate Application

Instructor Sponsorship (to be completed by Instructor)

Instructor Name: _____

Title: _____

Region: _____

I hereby recommend _____ to be a Shintaido of America Graduate.

I have evaluated the applicant's progress and feel that he/she has completed the Shintaido core curriculum and should be given the title of Graduate.

Signature: _____ Date: _____

Applicant (to be completed by applicant)

Name: _____

Address: (Street / City / St / Zip): _____

Date of Birth: _____

Years of Study: _____

Region: _____

I wish to be appointed as a Graduate of Shintaido of America. I understand that as a Graduate, I am eligible to attend advanced workshops and wear the white hakama. I also understand that as a Graduate, I represent the ideals and values expressed by Shintaido of America.

Signature: _____ Date: _____

Approvals

Regional Technical Director: _____

Chair, National Instructor's Council: _____